

# mentalhealth

## MATTERS



Mental health services across the UK are struggling as a result of chronic underfunding and increased demand.

This is having a massive effect on people who use these services and on the health and wellbeing of the staff who provide them.

UNISON is the largest union in the NHS and we believe there should be proper investment and support for these vital services. We are calling for:

### **Fair funding from government for mental health services**

Mental health workers in under-resourced teams see the impact of cuts to services firsthand. The result is increased waiting times and undervalued staff. UNISON wants to see fair funding from government, and assurances that money allocated to mental health services gets through to services that need it most.

### **Improved training for mental health workers**

A well-trained workforce can deliver the highest standards of care. Better support and training for staff must be a priority for employers to help staff feel confident in their ability to provide the best support to each individual.

### **Support for the mental health and wellbeing of staff**

Increased workloads, under-resourced teams, and the pressure on mental health workers have a negative impact on the health and wellbeing of staff. This impacts on service users too as there is evidence that shows that healthy staff are able to deliver better care. Employers need to take action to support the mental health and wellbeing of staff in mental health settings.

### **Commitment to tackle stigma around mental health**

UNISON is calling for greater commitment from government to help the NHS tackle the stigma around mental health. People experiencing mental health issues should not feel ashamed to seek support, and action needs to be taken to recognise the impact that a positive approach to mental health can have.

### **Get involved**

You can help UNISON's campaign for better mental health services by getting involved in our campaign. You can find out more about the issues and about ways to get involved at [unison.org.uk/mentalhealth](http://unison.org.uk/mentalhealth)

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